

What I claims is:

1. A composite article of manufacture formed from at least three sheets of material laminated to one another, wherein:

-each of said sheets has first and second surfaces;

5 -at least one surface of each of said sheets has a plurality of spaced-apart ridges which extend in a predetermined direction along said at least one surface;

-each of said pluralities of ridges are arranged so as to nest between a plurality of ridges on an adjacent sheet; and

10 -said pluralities of ridges extend in at least two different predetermined directions.

2. The composite article of manufacture of claim 1, wherein said article comprises at least four sheets of material laminated to one another, wherein two of said sheets have a plurality of spaced-apart ridges extending along both the first and second surfaces of each sheet, and two of said sheets have a plurality of spaced-apart  
5 ridges extending along one of said first and second surfaces.

3. The composite article of manufacture of claim 1, wherein said article is has the shape of a planar sheet, an elongate beam or an elongate I-beam.

4. The composite article of manufacture of claim 1, wherein said pluralities of ridges extend in at least three different directions.